

WINNIPEG

metro®

NEWS
WORTH
SHARING.



MAY 15
**Vision
Health
Month**

Many eye diseases

have no obvious

symptoms.

Help protect your family's vision health by booking an eye exam with a Doctor of Optometry today.

cnibi
Manitoba

MB DOCTORS OF OPTOMETRY

cnibi.ca | mb.doctorsofoptometry.ca

**AIR CONDITIONING
TUNE UP \$99.95***



ONTIME 635 Ferry Rd. www.ontimegroup.ca
Electric • Plumbing • Heat & Air
*Some conditions apply. Plus applicable taxes.
It's time to call 204-774-1474

**NEVER SKIMP
ON THE SHRIMP**

FIND OUT HOW TO MAKE
THESE SHRIMP SKEWERS
IN ONLY 20 MINUTES

PAGE 15



The teddy bears have a (soggy) picnic

Nina Tough, 4, gives her teddy a big bear hug at Sunday's 28th annual Teddy Bears' Picnic at Assiniboine Park. Grey skies did not stop Winnipeggers from coming to the event to support the Children's Hospital Foundation of Manitoba.

SHANE GIBSON/METRO



THE ART INSTITUTE OF VANCOUVER
is visiting Winnipeg!

When: WEDNESDAY, MAY 28, 2014
Check-in: 6:00 PM
Presentation: 6:30 PM
Where: The Radisson Hotel Winnipeg Downtown
288 Portage Ave, Winnipeg

Ai
The Art Institute
of Vancouver®
CREATIVITY ~ LIFE

Join our Assistant Director of Admissions to find out why **Ai Vancouver** is rated as the **#1 school in Canada for games by The Princeton Review*** and how our alumni are receiving accolades around the world in the areas of:
Culinary Arts, Interior Design, Fashion Design, Web & Graphic Design, Animation, Games, Audio, and Event Management!

» **TO RSVP, go to: aivancouvertour.com**

*As per The Princeton Review Top Undergraduate Schools for Video Game Design for 2014.

Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments!†

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

SPECIAL OFFER MORTGAGE RATE

2.97%*
FIXED 5-YEAR TERM

2.47%*
VARIABLE 5-YEAR TERM

Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

To take advantage of this limited offer, talk to a Scotiabank® advisor today.

www.scotiabank.com/mortgagerates

You're richer
than you think.®



® Registered trademarks of The Bank of Nova Scotia.

* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. **Scotia Flex Value® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the **Scotia Flex Value® Mortgage** – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. The **Scotia Flex Value® Mortgage** interest rate varies with Scotiabank Prime. These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately \$14,130 in interest. Alternatively, assuming the same mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of \$500 and increase your regular payments by just \$20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately \$18,923 in interest.

Runaway rescue dog Rocco hightails it to his new home

Littlest Hobo. Rocco drops at future owner's feet after 36 hours on the run



SHANE GIBSON
shane.gibson@metronews.ca

Manitoba Mutts is used to helping pet owners pick out their perfect puppy, not the other way around.

But it was the other way around with Rocco, a two-and-a-half-year-old husky cross. Winnipeg-based Manitoba Mutts took in the pup from the Thompson Humane Society earlier this month. Minutes after arriving, Rocco took off, eventually dropping at the feet of his future owners for a belly rub after 36 hours on the

On Facebook

Go to Manitoba Mutts Facebook page to find other rescued dogs looking for homes.

run.

Ryan Fritsch and Alanna Morrow were sitting in their St. James living room on Mother's Day when they noticed Rocco walking in their front yard.

"Ryan went out, said, 'Hi puppy,' and Rocco just laid right down on his back, just like that," explained Morrow, who said she fell in love with the dog almost immediately.

"He was just so gentle and such a nice dog."

The couple brought Rocco into their backyard and went online in search of his owners. While in the backyard, Rocco hit it off with the couple's dog Whiskey.

"We figured we'd introduce the two.... Whiskey stopped barking and went out in the backyard and they started playing," said Fritsch. "From Day 1, they were friends."

They hadn't been in the market for another dog before meeting Rocco, but after tracking down his foster mom and hearing his story, Morrow and Fritsch applied to adopt him.

Now he's living with the owners he picked out for him-



Ryan Fritsch and Alanna Morrow sit in their St. James backyard Sunday with their dogs Whiskey, left, and Rocco. Rocco, a Manitoba Mutts rescue dog from Thompson, escaped after arriving in Winnipeg earlier this month and eventually stopped running when he met the couple, who decided to adopt him. SHANE GIBSON/METRO

self. "We've seen a lot of things but we haven't seen anything like this before," said Manitoba

Mutts spokesperson Colleen Holloway. "Sometimes we say we don't choose the dogs, they

choose us, and in Rocco's case he absolutely chose where he wanted to live."

Woman who killed daughter poorly monitored in shelter: Report

A judge has found a Manitoba woman who smothered her young daughter was so poorly monitored by social workers and staff at a shelter that no one noticed she was doing crack cocaine in her room and beating the child.

An inquest report from provincial court Judge Lawrence Allen calls on the Manitoba government to reduce

social worker caseloads and hire more specialists in fetal-alcohol spectrum disorder.

"We as a society can and must do better to accommodate people affected by gestational alcohol consumption."

The inquest looked at the death of 21-month-old Jaylene Redhead in June 2009 at the hands of her mother. Nicole Redhead had suffered from

fetal-alcohol syndrome and a traumatic childhood. She witnessed her own mother stab her father to death at a drinking party, the inquest was told.

Social workers had seized Redhead's previous two children and took Jaylene away after her birth in 2007. By the end of 2008, workers had set up a supervision plan to

have Jaylene returned to her mother on the condition that the two live at the Native Women's Transition Centre in Winnipeg.

Allen questioned that decision by the Awasis child and family services agency.

"Many would question why, under the circumstances of two previous failed attempts at rehabilitation with

previous children and with Jaylene born in drug withdrawal, Awasis agency would not have made permanency planning the only possible plan," Allen wrote.

Redhead killed her daughter by holding a hand over her mouth for up to two minutes, the inquest was told. She then put the toddler in a crib and left the room. **THE CANADIAN PRESS**

1 NEWS

Accounting



PATAL VOCATIONAL SCHOOLS

A Different school of thought



P.C. Technician/Network Management



HOW TO BUILD A CAREER:

- Take one person with a dream
- Build skills to succeed
- Add 10 months of hands-on training
- Work experience to finalize the details

Add it all together and create a successful future.

WE OFFER CONTINUOUS INTAKE

Check out our new website: www.patalvocational.com • 319 Elgin Avenue, 5th Floor • Phone: 204-944-8202 • Fax: 204-944-8207

TRANSIT TUESDAY

Weekly Transit News Update



NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you - for complete route and schedule information visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award winning website. You'll get the same great features and information in a format that is optimized for internet-enabled mobile devices. Go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about our Park & Ride service.

SAVE SOME GREEN WITH AN ECOPASS!

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5% to 100% on transit. Visit our website for more information.

EcoPass



Get to work on it!

winnipegtransit.com

Children's fund a ray of sunshine in dark days



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

When I was in my early 20s I was fortunate to have some of the best summer jobs — I got to work at Camp Stephens and Camp Manitou.

I worked with some of the greatest people — an opportunity that may never have presented itself were it not for the Sunshine Fund.

The Sunshine Fund sends kids to camp who, for a variety of reasons, do not have the means to go. I worked with, and am still close with, some formerly self-described super-rough-on-the-verge-of-falling-through-the-cracks dudes who credit their opportunity to attend summer camp courtesy of the Sunshine Fund with turning their life around.

These people are now outstanding teachers, social workers and resource professionals who are a major asset to this community. At camp they found a new world, belonging, purpose ... and a story to tell with pride when they returned to school in fall and were asked to write "What I Did This Summer" on their first day back.

The Sunshine Fund has a goal of sending 1,000 kids to camp this summer. At an average cost of around \$350 per child, this is an attainable goal.

Go to mbccamping.ca to give the gift of camp. All the best.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD



Dr. Robert-Falcon Ouellette is joined at the podium by his wife, Catherine, during the launch of his mayoral campaign on Friday. BERNICE PONTANILLA/METRO

Mayoral hopeful evokes Louis Riel

Dr. Robert-Falcon Ouellette. Candidate criticizes Mayor Katz



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The newest candidate in the city's mayoral race said he has the educational credentials to turn Winnipeg's fortunes around.

Dr. Robert-Falcon Ouellette, a University of Manitoba academic who traces his family roots back to the Red River Settlement in 1871, said his campaign is about building "the dream of Louis Riel, a great dream that is our Winnipeg."

He also took aim at the current political administration, questioning Mayor Sam Katz's response to the frozen pipes emergency and how tax dollars are being spent.

"City hall is a failed city hall,

if you look at (it), this is a failed city council, they haven't done the job that they were assigned to do," said Ouellette, a married father of five children, during the noon-hour event at the Caboto Centre.

Ouellette, a young, bilingual aboriginal and strong public speaker, said he would find savings by having each department undergo a detailed spending review, cutting consultants' work and repairing the relationship with the provincial government.

As for the debate on the second phase of rapid transit, Ouellette said while he's supportive of the project, he believes the best — not cheapest — method should win out, even if that means light rail.

"I want to attract as many people as I can to my campaign, I don't want to be just the guy from the University of Manitoba, I want to appeal to obviously people who are working-class but who are looking

Crowded field

Robert-Falcon Ouellette is the seventh person to join the mayoral race. The others are Coun. Paula Havixbeck, former councillor Gord Steeves, lawyer Brian Bowman, funeral director Mike Vogiatzakis, blogger Gordon Warren, and Michel Filion. The main candidates in 2010 — Mayor Sam Katz and former MP Judy Wasylycia-Leis — have not yet stated whether they're running.

for something a little bit different," he said, mentioning the successful campaigns of "not the usual politicians," such as Naheed Nenshi in Calgary and Don Iveson in Edmonton.

Ouellette, who was born in Saskatchewan and raised in Calgary, said he grew up visiting family in Winnipeg and moved here five years ago.

Who's paying? Highway 7 costs continue to rise

A section of a busy highway just north of Winnipeg is being repaved one year after \$10-million worth of construction work on the same road.

Traffic has been down to one lane for weeks while crews dig out sections of Highway 7 southbound between Stonewall and the city's perimeter highway, with the hope that northbound lanes will also be done this year.

The provincial government says cracks formed in the road over the winter and it's working with the contractor to determine the cause of the problem and appropriate repairs.

Ron Weatherburn, with Manitoba Infrastructure and Transportation, says it's yet to be determined who pays for the work.

CTV WINNIPEG/THE CANADIAN PRESS

Green mission. Siloam introduces compost bins

A prominent downtown charity is aiming to reduce its waste by half with the introduction of five new composting bins.

Siloam Mission announced on Friday that it had teamed up with Samborski Environmental to install the bins at its 300 Princess St. location, which served 420,730 meals in 2013.

"We are so excited to have this chance to go green with our waste disposal," said Chris

Buffington, Siloam's food services manager.

"Siloam is always seeking to extend its contribution to the community and this is an incredible partnership benefiting the whole neighbourhood."

Lenn Samborski of Samborski Environmental said that upwards of 65 per cent of the materials being sent to landfills is organic. METRO

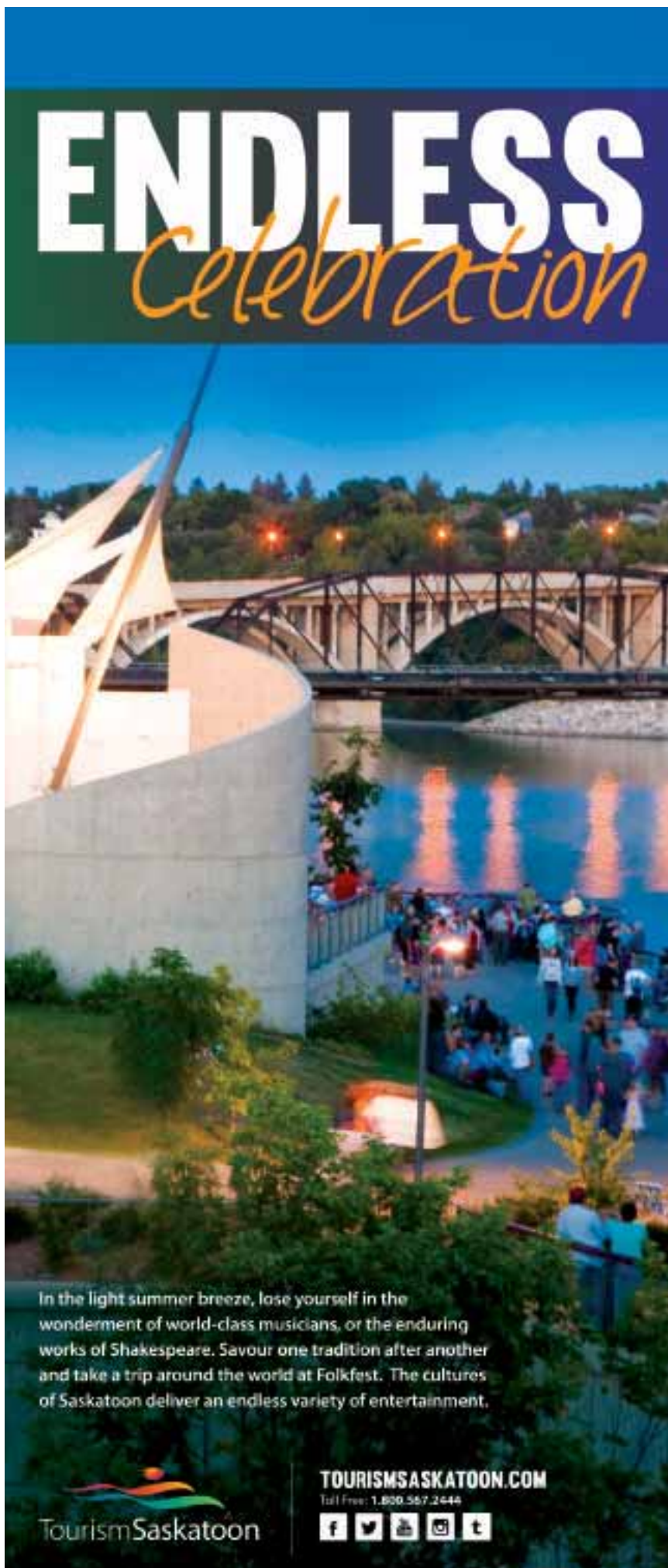
A CANADIAN FAVOURITE
ALLEN'S
FOR OVER 80 YEARS

A CANADIAN
FAVOURITE
FOR OVER
80 YEARS



Pasteurized
NO SUGAR ADDED**
CANADA CHOICE

1L



In the light summer breeze, lose yourself in the wonderment of world-class musicians, or the enduring works of Shakespeare. Savour one tradition after another and take a trip around the world at Folkfest. The cultures of Saskatoon deliver an endless variety of entertainment.

TOURISMSASKATOON.COM
Toll Free: 1.800.567.2444

TourismSaskatoon

f t i g t



Decision day for Ukrainians

Presidential election. Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was former prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full

results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new president," a confident and composed Poroshenko

told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has showed today for me and my team."

THE ASSOCIATED PRESS

Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region. Fighting broke out Sunday in the Luhansk town of Novoaidar, where the Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. THE ASSOCIATED PRESS



Killer blamed women who rejected him



A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif. DAVID MCNEW/GETTY IMAGES

California college rampage. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them

students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on The Hunger Games, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms

of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman. And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slob," and that after his rampage "you will finally see that I am, in truth, the superior one, the true alpha male."

Thirteen people were injured in the rampage, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Four of the injuries were considered serious.

THE ASSOCIATED PRESS

Pope gives Palestinians a welcomed boost of support

Pope Francis delivered a powerful boost of support to the Palestinians during a Holy Land pilgrimage Sunday, repeatedly backing their statehood aspirations, praying solemnly at Israel's controversial separation barrier and calling the stalemate in peace efforts "unacceptable."

In an unscripted move,

Francis arranged a meeting between the Israeli and Palestinian presidents at the Vatican next month. The meeting, while largely symbolic, shows how the Pope has sought to transform his immensely popular appeal into a moral force for peace.

On the second day of a three-day swing through the region,

the Pope arrived in Bethlehem, the birthplace of Christianity, before heading to Israel for the final leg of his visit.

While Francis mingled warmly with his Israeli hosts, his trip to Bethlehem included the day's most powerful images as he expressed sympathy and solidarity with the Palestinians.

THE ASSOCIATED PRESS

'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus on agility but no large-scale reductions are planned, the company's new chief executive says.

Rogers president and CEO Guy Laurence spent Friday telling the company's workforce and reporters Rogers will untangle organizational structure that he likened to a bowl of "cold spaghetti" so it can be better at meeting the needs of customers.

THE CANADIAN PRESS

Shopping

Feel like you're being followed at the mall?

You're not being paranoid. You are being tracked.

Analytics — finding patterns in recorded data — has long been a major part of e-commerce. Now, brick-and-mortar stores are tracking you, too.

The Silicon Valley, Calif., startup RetailNext uses algorithms to interpret data taken from surveillance video cameras and smartphone trackers installed inside some of North America's biggest retailers.

THE CANADIAN PRESS

Google. The right to be forgotten versus the right to freedom of speech



Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers

who want the right to have their last mistress forgotten."

Mountain View, Calif.-based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual.

The judgment applies to all search engines operating within the European Union. But in practice that means Google, given that 90 per cent of all online searches there use Google's search engine. THE ASSOCIATED PRESS

LOG ON TO

ezmarketing.ca

FOR MONEY-SAVING

COUPONS

Greater Grand Forks • Fargo-Moorhead
Twin Cities & Area • Bemidji

The only cross border shopping site you need!

Weather widget for all our destination cities!
North and Southbound border wait times at a glance!
Links to Canadian and US border information.
Links to MB, ND and MN. Highway conditions!
No sign up or email required.



NOT AMUSED AT THIS ROYAL WASTE

Hundreds of thousands of dollars, thousands of hours of planning and countless self-serving pats on the back ... those are the key numbers behind last week's royal visit to Winnipeg.

Now I'm sure organizers will hold up a handful of press clippings and claim the visit was a big success because it brought Winnipeg to the attention of the world.

But is that even true?

A quick scan of newspapers from the U.K. shows that while a photo of Prince Charles feeding Hudson the polar bear received modest coverage, overall there wasn't much mention of Winnipeg. Though I suppose that's better than the 2002 royal tour, when Winnipeg did make international headlines for stranding the Queen in a water taxi in the middle of the Red River.

Besides, does anyone believe tourists will flock here simply because they saw a picture of a prince feeding a bear? That's not something the average peasant can do at the As-



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

siniboine Park Zoo, anyway.

Or should technology businesses in the Exchange District expect a surge of new clients because Charles was photographed awkwardly trying out Google Glass at an industry showcase? I'm sure Google was amused, but Winnipeg was just a brief mention in the caption of the photo.

While local media tripped over themselves to cover the royal couple's every move, the reality is that the Prince's comparison of Vladimir Putin to Adolf Hitler (made while he was in Halifax) got far more international attention than staged visits to the Royal Winnipeg Ballet or Red River College.

So if this tour didn't "put us on the map," then surely it captured the imagination of Manitobans young and old, and fostered a strong belief in the sanctity of the monarchy, the value of the Commonwealth, and the healing powers of a good cup of tea, right?

Umm, not exactly.

Crowds for most of the public events were more on par with the average attendance at a children's soccer game or a Gord Steeves campaign rally rather than a major public celebration.

This shouldn't really be a surprise, as we really got the C team in terms of celebrity royals. Kate and William would have brought people (and international media) out in droves, and the Queen herself still has major drawing power.

But Charles and Camilla? They're like the Nashville Predators of royalty — they're in the big league, but no one really cares.

The only real excitement the royals seemed to generate was among drivers who were stuck in traffic waiting for their motorcade to make its way back and forth across the city.

So then, what did we really get for the \$100,000-plus estimated cost of the Winnipeg leg of the royal tour? The city's elite (political and business leaders) got to feel a little more special by rubbing elbows with a future king, and a handful of normals took some interesting selfies to post on social media.

As for the rest of us, it was a royal waste of time and money.

ZOOM

Glacier recedes at unglacial pace



The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmschurst, Jasper National Park's resource conservation manager.

The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

• "I think long term it's not good news at all," said Wilmschurst. "Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 6 in News, page 9 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. PetMatch app aims to be a man's best friend

New phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar

style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/
METRO WORLD NEWS

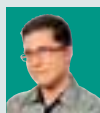
Ebooks



The Mozart Project

By. By James Fairclough & Harry Farnham

iPad/iPhone



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's X-Men: Days of Future Past debuted with \$91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure Godzilla, which opened last weekend.

Days of Future Past is the second-highest opener in the X-Men franchise.

THE ASSOCIATED PRESS

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker

Canadian director Xavier Dolan won the Jury Prize for his film Mommy at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama Winter Sleep.

Dolan was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (Goodbye to Language), 83, was the oldest.

Dolan was very emotional when he went on stage, hav-



Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

ing to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think of this mythical room is overwhelming," he said.

"I am lost in gratitude

thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- Palme d'Or: Winter Sleep, Nuri Bilge Ceylan
- Best Director: Bennett Miller, Foxcatcher
- Best Actor: Timothy Spall in Mr. Turner
- Best Screenplay: Andrei Zvyagintsev and Oleg Negin for Leviathan

terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carolle Brabant, issued a statement congratulating Dolan for winning the award.

Dolan's list of films also include Heartbeats (Les Amours Imaginaires) (2010); Laurence Anyways (2012) and Tom at the Farm (Tom à la ferme) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie Misericorde in 1994, and the divisive 2008 horror film Martyrs in 2008.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR NEWS SERVICE

2 SCENE

green ACTION centre presents: June 1-7, 2014

the 2014 **Commuter Challenge**

Register, Commute & Win!

register at greenactioncentre.ca

Take Transit!

Work downtown? Visit DowntownWinnipegBiz.com to find out how to get your FREE 5-day transit pass to use during Commuter Challenge!

1 EXTRA LARGE 3 TOPPING PIZZA FOR \$15.99

Party Pack \$39.99

- 2 Medium 12" Pizzas up to 3 Toppings
- 7 Pc. Chicken • 5 Chicken Fingers
- 18 Wedges • Coleslaw • Ranch Dressing & 1 FREE ADD-ON

CLUBHOUSE PIZZA 3+1 & CHICKEN

PICK UP & DELIVERY 3pm - 3am

MON-SAT: 3pm - 3am SUNDAY: 3pm - 1am

NOW OPEN FOR LUNCH 11:30am

204-284-1212 www.clubhousepizza.ca

Club House Crispy Chicken & Wings

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twilights out for 'too old' Pattinson



STARGAZING
Malene Arpe
scene@metronews.ca

Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old" Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabby stabby stabby, beautiful language" That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication 1) Justin Bieber is reportedly finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes



himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Jessica Simpson becomes a spokesperson for ClearBlue pregnancy tests Jessica's boyfriend and Weight Watchers file a joint emergency injunction.

Paris Hilton says she left Justin Bieber's Cannes party early because he only played his own music Also: Zero sizzurp.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled Awww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.



Kim Kardashian and Kanye West GETTY IMAGES

Kanye leaves wedding guests in altar-ed state with grandiose speech

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the

world a better place." West "went on and on about the culture of being in the lime-light and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"



Prince Harry GETTY IMAGES

Like a pup without a Bonas, Harry go-goes the night away with dancer

Prince Harry seems to be taking his breakup from Cressida Bonas pretty well. The redheaded Royal reportedly partied until the early hours recently at London's Chakana Club with 20-year-old go-go dancer Paige Collins, according to the Sun. A source tells the newspaper that "she caught Harry's eye" after he and some pals showed up at

the venue, and the pair proceeded to down vodka shots and dance the night away until nearly 3 a.m. Collins herself confirmed the late-night fun via Twitter. "So not every day you get to dance and have vodka shots with Prince Harry," she posted. "He's the most down to earth man considering he's still a prince."

Unhappily Eva after losing role to Chastain



Eva Mendes GETTY IMAGES

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in Zero Dark Thirty," a source tells Radar Online. "Eva desperately wanted to be considered for the part, as she's tired of being typecast as a love interest and wants to be a leading lady." Complicating matters is the fact that the actresses reportedly share a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated," the source says.

Did she use Hermione's Time Turner?

It's graduation day for movie star Emma Watson.

The British actress best known as Hermione Granger in the Harry Potter movies was among 2,000 graduates receiving degrees Sunday from Brown University. She tweeted a photo of herself in cap and gown.

Watson graduated with a bachelor's degree in English literature from the Ivy League university in Rhode Island.

The 24-year-old started at Brown in 2009, the same year she was named the highest-grossing actress of the decade by the Guinness Book of World Records.

Watson had a busy film career during her time as a student, releasing both parts of Harry Potter and the Deathly Hallows, The Perks of Being a Wallflower, This is the End, and the recent Biblical epic Noah. **THE ASSOCIATED PRESS**



Emma Watson
TWITTER

ZEV
custom apparel

Custom Made Suits & Shirts
Alterations & Accessories | Men & Women
Tailored Like You

enter for a chance to
WIN and join

WINNIPEG'S BEST DRESSED

Win a FREE ZEV custom apparel suit!

Submit your best dressed photo and nominate yourself or a friend. Enter by:

zevapparel @ZEV_Apparel info@zevapparel.com

or drop off your ballot and photo in person at 115 Pembina Hwy and receive a \$10 ZEV gift certificate! Contest ends June 15, 2014.

Six signs you're a shopaholic

Spending like a drunken sailor?

Figure out how to say bye-bye to buy-buy binges



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy ... well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a



Bagged again? Perhaps it's time to give shopping the sack. ISTOCK

disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centi-

metre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a

new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A \$5,000 credit limit means you have \$5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Keep the little sprouts on veg



Want your Sweet Pea to eat her spinach and all the other veggies that are good for her? Don't tell her it will make her as strong as Popeye. ISTOCK

A recent study led by Dr. Ayelet Fishbach of the University of Chicago's Booth School of Business indicates that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," Fishbach explains in an article slated for publication in the October 2014 issue of the *Journal of Consumer Research*.

"As such, if food is presented as making them strong ... these children will conclude

the food is not as tasty, and will therefore consume less of it."

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

To reach these findings, researchers carried out five experiments on a sample population of 270 preschool-aged children (ages three to five). The study found that children ate more of a food when it was presented without commentary or when it was presented simply as tasty, without any indication of its "usefulness."

AFP

Turn over healthy leaf

- Meanwhile, a separate study published last year in the journal *Psychological Science* found that teaching kids about nutrition through books could boost their vegetable intake.
- Scientists from Stanford University found even very young children, aged four and five, could benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said.
- Over time, kids chose to eat more vegetables.

3
T
I
E

Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals



Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. — Lesley-Anne Scorgie/For Metro



Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK

Anne-Marie and Peter

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately \$200,000. She also signed up for \$500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives \$15,000 for Peter and \$7,500 for their child, should either pass away. Her new insurance plan costs \$35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those poli-

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing.
- Total household income: \$110,000.
- Life stage: Expecting their first child in June.
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
- Current net worth: \$86,000
- Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

cies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance,

it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately \$18,000. These funds would eliminate the couple's debts.

Homework:

Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Carolina and Jose

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Carolina's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Carolina with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was \$250,000. Jose's parents gave them \$25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Carolina used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year

Carolina and Peter recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing.
- Total household income: \$62,000.
- Life stage: Three daughters ages six, three and one.
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus \$7,000
- Homework from May: File their taxes, create a plan for their tax return and look for a home.

term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:

The focus for Carolina and Jose throughout June is to pack up and move into their

new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Earn up to \$150 with Tangerine.

\$50* when you open your first
Chequing Account by June 30.

\$50* when you switch your pay
by July 31.

\$50* when you open your first
Savings Account by June 30.

Plus, get a **2.50%*** interest rate
on new savings deposits made
until July 31.

It's that simple.



Tangerine.ca | 1-888 Tangerine

Tangerine[™]
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank. * To qualify for the Bonuses available under the Tangerine \$150 Offer and the Tangerine Savings Interest Rate Offer, Clients must meet the Offer requirements as set out at [Tangerine.ca/bonus150](https://www.tangerine.ca/bonus150).

Professor, please give me a positive plug

Academic references.

When you need your teacher to vouch for you, make sure you reach out with respect

LAKSHMI
GANDHI

Metro World News

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them.

Because writing detailed recommendations can be very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.



Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you. ISTOCK

process go smoother for everyone.

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog Thoughts on Teaching.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing.

While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't have time to do them all."

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time-consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

Give them all the information they need

Make a folder with a copy of your resumé, a note with all of the classes you took with the professor with the semester listed, and a list of all of programs you're applying to.

Ask in person

Schedule a meeting with your professor so you can discuss the schools you are applying for, your goals, and why you want to go to grad school. Making a request for a recommendation over email or just after class can seem too casual and rushed.

Dodd adds that you should also tell your professor why

'Round the world wisdom

Create your own stimulus response loop



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Wanting, or even needing, to see a challenge through to the end is not always enough to propel us forward. The bigger the challenge, the more difficult it is to find the willpower to stay the course during difficult moments. What can work is to create a rallying symbol that acts as a trigger to refocus when times get tough.

In the Gobi, my trigger

It keeps you runnin'

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line under-prepared.

was a song.

I learned that having my song could provide a spark and pick me up when my reserves were running low. I chose It's a Beautiful Day by U2. At my low points, I would listen to it and get moving. It worked when I ran, but once the song ended, I was back to where I started.

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line under-prepared.

To do this, I used a mnemonic to instantly be at one with the Atacama.

First, I thought through what my desert experience would mean to me and made it vividly real in my mind. I associated all the positive concepts I could come up with: beauty, adventure, achievement, camaraderie, personal breakthrough, teamwork, health, spirituality, etc.

Visualizing the experience with this overwhelming optimism filled me with energy.

I then associated all of the positive feelings with an object that would symbolize my desert journey. From that moment on, I carried my token Atacama reminder in my pant pocket at all times. I woke up to it, trained with it, went to work with it, and ran the race with it.

When the siren's negative call would come knocking and rear its ugly head, just touching the reminder in my pocket would serve to dissipate the issue.

I had created my own Pavlovian positive stimulus response loop.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Take Charge of Your Career! Become a Legal Assistant in 8 months.

Why Robertson's Legal Assistant program?

- ✓ Gain real world experience with your practicum
- ✓ Gain the skills Winnipeg law firms want
- ✓ Guaranteed lifetime career services - now & 25 years down the road
- ✓ Take your studies with you & get a laptop to use for FREE during your program

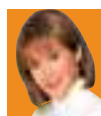
There's only months between you & your dream career. Classes start June 23! Call 204.800.7933 or visit www.robertsoncollege.com to get started.

Round out shrimp's sweetness with apricot glaze and hoisin sauce



TOTAL TIME
ABOUT 20
MINUTES

This Apricot Glazed Shrimp Skewers and Spaghettini recipe makes 16 skewers. ROSE REISMAN



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

A skewered shrimp kebab is a great appetizer or main course, especially when served over top a bed of tender spaghettini.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghettini recipe goes well with the sweetness of the shrimp.

Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has

only 120 calories and two grams of fat and contains about one third your daily protein intake.

Shrimp are also an excellent source of selenium and vitamin B12.

You can also use a variety of fish such as scallops, or a firm white fish such as swordfish, cod or halibut.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Directions

1. Thread the 16 medium, peeled and deveined shrimp onto the skewers.

2. Combine the apricot jam, oyster and hoisin

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghettini
- 2 tsp sesame oil

sauce in a small bowl. Stir well and set aside half of the sauce. Brush the other half over the shrimp.

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

4. In a grill pan or a skillet lightly coated with cook-

Nutritional information

Per serving (four skewers)

- **Calories.** 263.5
- **Carbohydrates.** 40.7 g
- **Fibre.** 5.6 g
- **Protein.** 20 g
- **Total fat.** 3.1 g
- **Saturated fat.** .8 g
- **Cholesterol.** 128 mg
- **Sodium.** 376 mg

ing spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve over top of the pasta, drizzle with the remaining sauce and garnish with basil.

buy
manitoba monday

Nature's Farm. Fresh pasta, eggs and granola.

The family behind Nature's Farm first started manufacturing food in 1987, but it wasn't until 1993, after several years of careful research, that the company was founded.

Located in Steinbach, Manitoba, Canada, Nature's Farm has fertile prairie acreage and a small poultry operation.

Their Smart Eggs are farm direct and fresh, with no synthetic yolk colour additives. All the laying hens at the farm are free-run and fed a healthy vegetarian diet with generous amounts

of flaxseed for high levels of Omega-3 fatty acids in the eggs, and are available in organic.

Nature's Pasta, the company's line of all-natural pastas, are made with Smart Eggs and little else. The Traditional line is comprised of a range of noodle shapes, all made with just the farm-fresh eggs and Canadian

durum wheat. They also offer pastas made with alternative grains (such as einkorn, wild rice, spelt, oat, and barley) and veggie fusions, and their Four Seasons line of gourmet pasta includes flavours such as cocoa chili or lavender fine herb



fettuccine, lemon thyme rigatoni, and pumpkin spice pappardelle.

Looking for something a bit sweeter? Try Nature's Farm Granola, an artisan wholegrain granola handcrafted using organic oats and natural sweeteners, available in several varieties.

Taste. Smile. Repeat.

www.buymanitobafoods.ca



Nature's Farm™

naturesfarm.ca • 204.326.5509

5 Life Sciences Parkway, Steinbach, MB



A physiotherapist works with patients who have limited mobility due to pain, injury or disease. Careers in physiotherapy are expected to be in high demand in coming years. SHUTTERSTOCK

Demand for new, emerging careers

Many Canadians are considering careers in health care, as more and more analysts predict that the sector will continue to generate a wealth of jobs over the next 25 years.

Along with traditional jobs such as registered nurse and dental hygienist, demand is also expected to remain strong for new and emerging careers, such as dietician, care co-ordinator and health-policy specialist. As provinces scramble to meet rising costs, many are assigning work once done exclusively by doctors to nurses, nurse practitioners and medical technologists. Navigating these shifting sands is a challenge not only for someone building a career, but also for those who prepare people to enter the workforce.

"With the increased volatility of the job market, it's challenging for universities and colleges to design programming," said David Rodas-Wright, the University of Ottawa's employer relations co-ordinator.

A former recruitment specialist in the legal sector, Rodas-Wright has spent 10 years working with employers to ensure that University of Ottawa graduates can access successful careers.

"Job trends come and go," Rodas-Wright said. "And there's no sense chasing them when you make a multi-year commitment to a university or college program." **PETER DOYLE**

Prescription: Fill these positions

PAULINE ANDERSON
For Metro

Next to the oil industry, the health-care field is probably the biggest growth area in terms of future job prospects across Canada.

As the population ages and retires, the demand for skilled health-care professionals will steadily increase, experts predict. Health-care-related positions consistently lead the list of top jobs across the country compiled regularly by Can-

adian Business magazine using Statistics Canada data.

Here are some of the health professions projected to be in greatest demand in coming years:

Registered nurses: Of all the medical professions likely to be sought after in the future, nursing could be at the top of the list. A 2009 report by the Canadian Nurses Association predicted that if action isn't taken right away, the shortage of registered nurses, who perform all manner of hands-on

bedside health care, will climb to almost 60,000 by 2022.

Dental hygienist: These professionals clean and scale teeth, take X-rays, provide fluoride treatments and oral hygiene information to patients as well as assist dentists during procedures. Students typically must complete a three-year diploma course before being eligible to become a registered dental hygienist.

Radiation technologist: Demand for these technologists,

especially those with more advanced diagnostics and medical imaging skills, will increase as use of technology in the field of medicine soars. They operate X-ray, radiographic, fluoroscopic and radiation detection equipment. A minimum of a college diploma is required with grads often specializing in areas such as mammography or computerized tomography.

Respiratory therapist: These medical professionals diagnose and treat airway-related health issues. Prospective therapists

complete a three-year community college program and pass a certification exam to become a registered respiratory therapist (RRT)

Physiotherapist: A physiotherapist works with patients who have limited mobility due to pain, injury or disease. Increasingly, they handle more complicated cases involving the cardiovascular or respiratory systems. Becoming a physiotherapist requires an undergraduate degree followed by a master's level degree.



Earn Your Diploma in Healthcare in 1 Year or Less

HERZING COLLEGE

- Community Support Worker
- Health Care Aide
- Medical Office Assistant

204 775 8175 • 723 Portage Avenue • www.herzing.ca/winnipeg

MLB

Dodgers' Beckett no-hits Phillies

Josh Beckett pitched the first no-hitter of his stellar career and the first in the majors this season, leading the Los Angeles Dodgers over the Philadelphia Phillies 6-0 on Sunday.

Beckett struck out six, walked three and didn't come close to allowing a hit against a lineup that included two former NL MVPs and four former all-stars.

The 34-year-old right-hander, whose career was almost derailed last year by a nerve condition that left him unable to feel his fingertips, threw 128 pitches and fanned Chase Utley on a called strike three to end the game.

THE ASSOCIATED PRESS

MLB

First-place Jays getting variety of contributions

The Toronto Blue Jays have used power, speed and pitching to surge to first place in the American League East.

Their 3-1 win over the Oakland Athletics on Sunday showed just how well that combination can work.

Edwin Encarnacion provided the power with his 14th homer of the season, Jose Reyes provided the speed with three stolen bases and left-hander J.A. Happ provided the pitching with seven runless innings.

Put it all together, and you get a team that's on a season-best six-game winning streak and has won 16 of its past 21 games.

THE ASSOCIATED PRESS

Oil Kings upset Storm to win Memorial Cup

CHL championship.

Edmonton captures junior title behind two goals and three assists tallied by Samuelsson



DAVE LANGFORD
Metro in London, Ont.

The coach of the Edmonton Oil Kings did not have enough adjectives to use to describe his team after winning the Memorial Cup on Sunday in London, Ont.

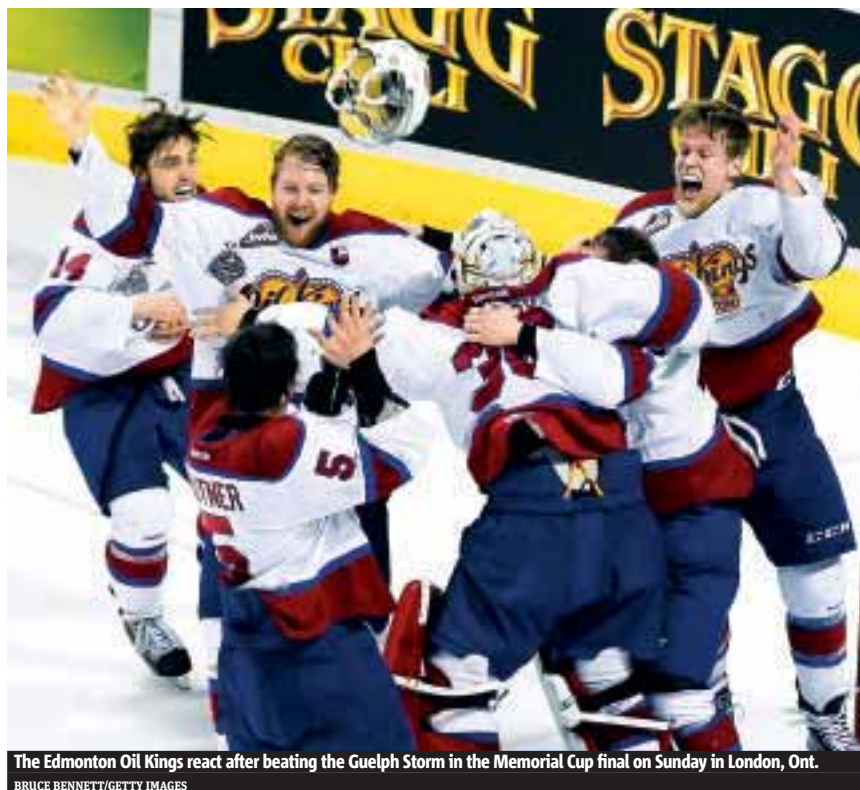
"We're just resilient, gutsy, courageous, dynamic. What do you say about these kids?" Oilers coach Derek Laxdal said. "They weren't picked to be here and we're here, we won it and we're champions."

Pretty simple when you break it down that way, but not so easy when you form your game plans against one of the best junior hockey teams in the country in the Guelph Storm.

But to a player, they all gave Laxdal credit after the Oil Kings upset the Storm 6-3 to win their first Memorial Cup in the current version of the Edmonton franchise.

Laxdal and the players shared this win with their late teammate, Kristian Pells, who passed away last year after a diving accident back in his home country of Latvia.

"There is a lot of deep feelings for Kristian," Laxdal said. "The guys responded. But you know what? These kids did it for each other in



The Edmonton Oil Kings react after beating the Guelph Storm in the Memorial Cup final on Sunday in London, Ont.
BRUCE BENNETT/GETTY IMAGES

Memorial Cup final

6

Oil Kings

3

Storm

the dressing room, too. Kristian was looking at us from above and he was shining down when we needed him."

Henrik Samuelsson, the scoring star of the game for the Oil Kings, agreed with his coach.

"Everyone knows about the passing of Kristian Pells and he was a good buddy of mine. I know he was watching over us today and definitely had a part of it," Samuelsson said.

Samuelsson had two goals, including one into the empty net, and three assists. Edgars Kulda added

a goal and two assists and Cody Corbett, Tyler Robertson and Mitch Moroz added singles. Goalie Tristan Jarry had a strong game, making 32 saves.

Robby Fabbri, Stephen Pierog and Zack Mitchell scored for the Storm, which had won three straight games before losing their first game in the championship final. Goalie Justin Nichols had trouble with the high shot, but did make 40 saves.

Birchwood
CREDIT SOLUTIONS

Local or Toll-Free:
1-877-467-2082

We have the experience and resources to help with all types of credit situations:

- No credit history or slow payment history
- Past/Current bankruptcy or proposal
- Poor credit due to unexpected events
- Past vehicle repossessions

Visit one of our three city-wide locations!

You deserve credit from someone who's credible.

Score the vehicle you want with thousands of quality new and pre-owned vehicles to choose from.

Get a free credit assessment at:
choosebirchwood.ca/credit



1065 Salter Street
At Partridge Avenue



1300 Regent Avenue W.
(Inside Birchwood Ford)



3965 Portage Avenue
(Inside Birchwood Chevrolet)



WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...



Download the Metro News App today at metronews.ca/mobile

Stephenson, with a 'ph,' gets under LeBron's skin

Not that Stevenson.

Like his Dallas namesake in 2011, an Indiana guard gets LeBron James going

In the 2011 NBA Finals, LeBron James says he spent too much of his time talking about his purported rivalry with an easily excitable guard named Stevenson.

There's a new rival now.

His name sounds the same. Different spelling, though.

Back then, it was Dallas's DeShawn Stevenson. In these Eastern Conference finals, it's Indiana's Lance Stephenson in the foil role. James sees the obvious parallels but isn't interested in stoking the fires — especially with the Heat leading the Pacers 2-1 heading into Monday night's Game 4, one that could allow Miami to put a stranglehold on the series.

"Winning the game is more important," James said. "I understand what the main goal is."

Still, it seems fair to say that Stephenson and James got each other going often in Game 3. When the Pacers finished practice Sunday, Stephenson talked about how he enjoys rallying the four-time MVP's feathers.

"To me, I think it's a sign of



Lance Stephenson of the Indiana Pacers GETTY IMAGES

weakness," Stephenson said.

"He never used to say anything to me. I always used to be the one who said, 'I'm going to do something to get you mad.' Now he's trying to do it to me. So I feel like it's a weakness. I feel like I'm doing something right because I'm getting under his skin, but I've definitely got to keep stepping up to the plate and be more aggressive when he does that."

The way Stephenson sees it, it's a little-brother vs. big-brother sort of scenario.

That's precisely the analogy Pacers coach Frank Vogel broke out on Sunday when talking to his team. Indiana was ousted by Miami in the 2012 playoffs, again in the 2013 playoffs, and now needs to beat the Heat in

three of the next four games to avoid that same fate this year.

"The little brother spends his whole life getting beat up by the big brother, getting beaten in sports, sporting events, one-on-one basketball and what-not," Vogel said. "All those years of getting beat up builds him up to the point where he ultimately takes on the big brother."

So in Game 4, the Pacers will take on the big brother Heat again — with the knowledge that a 3-1 deficit could be dire given how good the Heat have proven to be when they get a close-out opportunity.

No, Monday isn't a must-win for Indiana.

But it probably ranks fairly close to that.

"We're pretty upbeat," Pacers forward David West said. "We don't get down on ourselves. The next game is a different game."

Miami is essentially saying the same sorts of things. The Heat are up 2-1, and surely understand that if it wasn't for some late-game rallying they could be in a 3-0 hole.

Indiana has led for nearly 99 of the 144 minutes played so far in this series, or about 69 per cent of the time. Miami has led for just under 37 minutes, or about 26 per cent. Somehow, it's the Heat in control after three games.

Go figure.

THE CANADIAN PRESS

Roland Garros

Raonic starts French Open with a victory

Canadian Milos Raonic won his opening match at the French Open on Sunday as he beat Australian wildcard Nick Kyrgios 6-3, 7-6, 6-3 to reach the second round.

The eighth seed from Thornhill, Ont., needed exactly two hours to advance against one of the game's rising young stars. He beat an Australian opponent for the first time at a Grand Slam after losing to Carsten Ball at the 2010 U.S. Open and Lleyton Hewitt at the 2012 Australian Open. THE CANADIAN PRESS



Hunter-Reay edges Castroneves

Ryan Hunter-Reay cools off with the traditional bottle of milk after winning the Indianapolis 500 on Sunday. Hunter-Reay passed Helio Castroneves on the final lap to deny the Brazilian a record fourth Indy 500 win and became the first American since 2006 to win "The Greatest Spectacle in Racing." Scan the image for a gallery of the 98th running of the 500-mile race. JONATHAN FERREY/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

Taurus

April 21 - May 21

The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

Gemini

May 22 - June 21

For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

Cancer

June 22 - July 23

Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

Leo

July 24 - Aug. 23

There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

Virgo

Aug. 24 - Sept. 23

People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

Libra

Sept. 24 - Oct. 23

Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

Scorpio

Oct. 24 - Nov. 22

What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

Sagittarius

Nov. 23 - Dec. 21

The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

Capricorn

Dec. 22 - Jan. 20

If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

Aquarius

Jan. 21 - Feb. 19

You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

Pisces

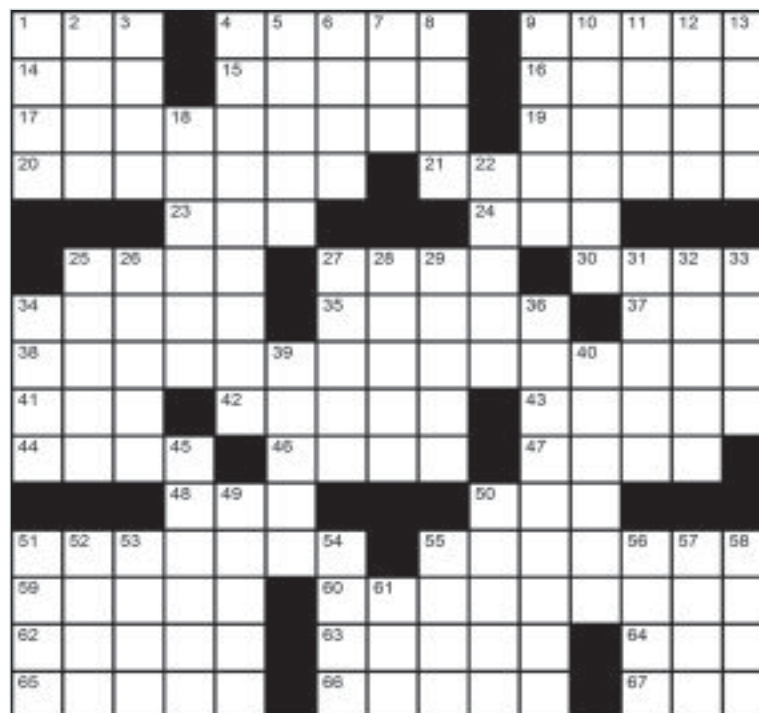
Feb. 20 - March 20

You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people you have done favours for who would like nothing better than to return the compliment. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Letters-in-a-row
4. Charles Dickens novel, ___ House
9. Actor Jimmy
14. Some vowels
15. Big Wreck's "The ___ (___ Luck Is Wasted)"
16. Army academy attendee
17. Edmonton: LRT Service = ___ Transit
19. Canadian doctor, the 'Father of Modern Medicine', William ___ (b.1849 - d.1919)
20. Bird: French
21. Stratford, ON born single-named songstress
23. 'Meth' suffix
24. Depleted
25. Bell town in a Longfellow poem
27. Winter reminder in the garage
30. Large amount
34. Cartoons voicer Mel
35. Music chord type
37. "The Simpsons" character
38. Sitcom starring Barbara Eden: 4 wds.
41. Become
42. ___-ovo vegetarian
43. Just starting something out: 2 wds.
44. Iron and Lead
46. Vodka brand
47. Farm team
48. Founded, briefly
50. Caf' serving



51. Remove, as a necklace
55. Painter Mr. Monet's
59. Map items
60. Alternative medicine practitioner
62. Cultural standards
63. ___ Lama
64. 'Serpent' suffix
65. James' role in "The

- Godfather" (1972)
66. Bagpipes sound
67. Tree's 'liquid'

Down

1. ___ Alto, California
2. Prince Harry's grandmother, briefly
3. Cheats
4. St. Albert, AB, 'The

- ___ Arts City'
5. Johnny ___ (John Candy "SCTV" character)
6. Internet-sent transmission
7. Pierre's pal
8. Mr. MacLachlan
9. Director Ridley
10. Pulvarizes potatoes

11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel ___ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type

26. ___ au sucre (Quebec dessert 'sugar pie', in French)
27. Toronto ___ Exchange
28. Elevated
29. Savour
31. "___ talk?" (Joan Rivers' classic catchphrase)
32. Concerning bees
33. Two singers/One song
34. The ___ (Nick-name of Montreal's 1976 Summer Olympics stadium)
36. Canadian-invented product in the pantry: 2 wds.
39. Boat poles
40. TV: "After the break...": 2 wds.
45. "Cityline" guest expert, Kimberley ___ (Interior Designer)
49. Cheeky
50. Cloudiness of vision
51. Scottish musician Midge's
52. Say ___ (Refuse)
53. Lyricist Sammy
54. High degs.
55. Gladiator's 951
56. Podium
57. Cirneco dell' ___ (Dog breed)
58. Elvis dog song: "Old ___"
61. Acorned tree

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 21°
MIN: 12°

TUESDAY



MAX: 23°
MIN: 12°

WEDNESDAY



MAX: 24°
MIN: 14°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Tangerine
Forward Banking

ZEV

custom apparel

Custom Made Suits & Shirts
Alterations & Accessories | Men & Women
Tailored Like You

enter for a chance to

WIN

and join

WINNIPEG'S BEST DRESSED



*A Perfect Fit
Lasting Quality
Priced within your Means*

Win a FREE ZEV custom apparel suit!

**Submit your best dressed photo and
nominate yourself or a friend. Enter by:**

 zevapparel  @ZEV_Apparel  info@zevapparel.com

or drop off your ballot and photo in person at
115 Pembina Hwy and receive a \$10 ZEV gift certificate!

Contest ends June 15, 2014.

ZEV

custom apparel

Winnipeg's Best Dressed Contest

115 Pembina Hwy | Wpg, MB | R3L 2C9
204-232-0171 | info@zevapparel.com

Name: _____

Phone: _____

Email: _____

☐ Check box if you do not wish to receive monthly emails from ZEV